

IRVB 2026

VOLLEYBALL INFORMATIONAL MEETING



IRVB 2026 | Informational Meeting

Welcome to High School Volleyball

Ironwood Ridge Volleyball

Athletic Clearance

Volleyball Player Evaluations/Team Selections

Off-Season Opportunities

Questions/Answers



IRVB 2026 Coaching Staff

Bill Lang

Head Coach

Jerry Azares

Associate Head Coach (*Freshman Team*)

TBD

Assistant Coach (*Junior Varsity*)

Dan Bartley

Varsity Assistant Coach

Courtney Landers

Varsity Assistant Coach

Hannah Winkel

Freshman Assistant Coach

Jonah Semon

Junior Varsity Assistant Coach



WELCOME TO HIGH SCHOOL

IRONWOOD RIDGE VOLLEYBALL INFORMATION



High School Volleyball

Season: Fall Season: August – October

Practice: Five (5) Practices per week (some Saturdays)

Matches: Two (2) Matches per week (18 Matches)

4:00 PM / 5:00 PM / 6:00 PM

At the high school level... all practices, training, meetings, and competitions during the season become mandatory.

Exception: school activities



Welcome to Nighthawk Volleyball

Season: **Indoor:** August – October (November Post-Season)

Beach: February – April (May for Pairs Tournament)

Program: 42 Athletes (14 per team)

Practice: Six (6) Practices per week (Saturdays)

Training includes practices, lifting, meetings (film)

Academic Expectations

Maintain 3.00+ GPA

Athletic Expectations

Training is focused

Team Expectations

Develop winning habits



IRVB Player Expectations

We expect players to develop a work ethic and desire to separate themselves from the pack

Must be confident; take risks and willing to go away from what will be easy

Must be an advocate for themselves in the program

Be a good teammate (must be willing to accept any position or role within a successful team and high school program)

Must desire to be successful in the classroom



ATHLETIC CLEARANCE

REGISTRATION REQUIRED FOR ATHLETIC PARTICIPATION



Register My Athlete (RMA)

Prospective Volleyball Athletes should be cleared by August 1

RMA Account: Create an account at registermyathlete.com

Physical Exam: Sports Physical dated after March 1, 2026

AIA Training: Athletes must complete AIA Training Videos

ASD Training: Parents must complete Amphitheater training

Questions/Issues: Penny Neisius (pneisius@amphi.com)



Athletic Clearance

Requirements for Off-Season Participation:

Returning Athletes:	Update Account for 2026-27
Feeder School Athletes:	2025-26 Physical is good for summer
<i>New ASD Athletes:</i>	Must have physical on file for summer

Questions/Issues: Penny Neisius (pneisius@amphi.com)



VOLLEYBALL TRYOUTS

PLAYER EVALUATIONS AND TEAM SELECTIONS



Player Evaluations and Team Selections

Pre-Season Practice	August 3	5:00 – 7:00 PM
Pre-Season Practice	August 4	4:30 – 6:30 PM
Pre-Season Practice	August 6	4:30 – 6:30 PM
Monday	August 10	4:30–7:30 PM
Tuesday	August 11	Groups (Times TBD)
Wednesday	August 12	Groups (Times TBD)

All prospective athletes **must be cleared** to be evaluated

* *Athletes will be notified of groups for Tuesday and/or Wednesday*



Player Evaluations and Team Selections

- **Attend all Sessions** (Unless otherwise instructed by coach)
- **Be on time** (check in 15 minutes prior to start time)

Player Evaluations will be based on

- Attitude Evaluation
- Athletic Testing (Physical Combine)
- Skills Evaluation
- Conceptual Understanding
- Academic Performance (for returning athletes)
- Citizenship (for returning athletes)



Player Evaluations and Team Selections

Team Selection Criteria (in this order)

- Attitude
- Athletic Ability and/or Physical Potential
- Positional Skill and/or Potential

Evaluations/data will place most players into one of three categories:

- **Player A** Standard Athlete | Highly Skilled/**Competitive**
- **Player B** Superb Athlete | Developing Skill Level
- **Player C** Developing Athletic Ability | Highly Skilled



Player Evaluations and Team Selections

Varsity Volleyball Players must possess a working knowledge of offensive/defensive systems and terminology that is consistent with that of the IRVB system and a high-level program

- Possess a level of athleticism and fitness
- Possess a high level of technical ability
- Character and off-court conduct

Freshman Players must be coachable with a great work ethic and possess the ability to learn the IRVB offensive/defensive systems.



IRVB OFF-SEASON

SUMMER OPPORTUNITIES WITH IRONWOOD RIDGE VOLLEYBALL



Off-Season Opportunities

Volleyball Strength/Conditioning

Ironwood Ridge Volleyball Camps

UA Team Camp/Scrimmages

Open Beach

Participation in the Volleyball Off-Season Program is voluntary.

Off-season is an opportunity for all prospective players to be a part of the program. Participation in off-season activities does not guarantee a uniform in the Fall, it guarantees only that if a player works hard, they will improve.



Volleyball Strength/Conditioning

Strength/Speed Sessions are June-July

Monday, Tuesday, Wednesday, Thursday: 6:30 AM-8:00 AM

Cycles are planned for rest and recovery

Goals for the Strength/Speed Sessions

All sessions are supervised

Performance (Cycles are aligned with UAVB program)

Injury Prevention

Athletes must have a current Physical on file



Ironwood Ridge Volleyball Camps

All Volleyball Camps support the IRVB program:

Training Standards

Team Systems

High School Indoor Volleyball Camps

Prep Skills (June)

Serve/Reception and Attacking Skills (June)

Defensive Skills

Positional Skills

Competition Skills



Volleyball Team Camps

IRVB will send a prospective Varsity team to the **NAU Team Camp**

July 14-16 (Tuesday-Thursday) in Flagstaff

Limited roster due to the overnight camp and cost

IRVB will send two teams to the **UA Team Camp**

July 17-19 (Friday-Sunday) on the UA Campus

Roster positions for new student-athletes may be limited

Complete Player Interest Form and email Coach Lang if interested



Open Beach

Summer Nights under the Lights!

Thursdays from 6:30-8:30 PM

Players must be an Ironwood Ridge Student

Players must have a Physical on file



IRVB FAQ

FREQUENTLY ASKED QUESTIONS CONCERNING TRYOUTS



IRVB FAQ

Does a player need to attend all the tryout sessions that are listed? What if they are not cleared on time?

Prospective student-athletes need to attend all tryout sessions until otherwise notified by the coaching staff.

Failure to attend all sessions for any reason could adversely affect any potential placement on a team.

If not cleared, students are encouraged to sit and watch the tryouts to understand the drills and concepts that will be taught.



IRVB FAQ

Will a player be penalized if they are not able to attend the volleyball camps and off-season?

No.

Keep in mind that off-season participation may help a player. However, it will never hurt a player's chances to make a team.



IRVB FAQ

Is it true that players need to play club volleyball to make the volleyball team at Ironwood Ridge?

No.

Club volleyball is an individual commitment and may help enhance individual skills in the off-season, but it not required by this high school program.

However, after your freshman season, club volleyball is encouraged for athletes that don't play other sports.



IRVB FAQ

My daughter is short and heard that only the TALL players will make the volleyball team. Is this true?

No.

Well, maybe... Each sport has its body and while being 300 lbs will help a lineman on the football team, length is always a good thing in volleyball.

Athletic testing will reveal the quick (and tall player) for positional needs of the volleyball program.



IRVB FAQ

How overwhelming is the volleyball season?

My daughter is concerned about her grades during the first semester.

Like all sports on campus, a big-time commitment will be required to meet the expectations of our program.

IRVB provides a support system: coaches/mentors.

IRVB monitors grades and conducts teacher check-ins.

IRVB historically has the highest team/program GPA on campus



IRVB FAQ

Are student's able to play club sports like basketball, soccer, or softball during the season?

Every year we have athletes that participate in club sports during the volleyball season.

IRVB allows participation if the high school season is the priority during any conflict. Players are not allowed to miss or leave early from practice to attend a club event.



IRVB FAQ

If my daughter doesn't make a team, do we get a refund of the participation fee?

Yes. The bookstore will issue refunds (or apply to another sport) for all students that do not make the volleyball team.



ONLINE RESOURCES

NIGHTHAWKVOLLEYBALL.COM



nighthawkvolleyball.com/player-form

Amphitheater Public Schools - | X Register My Athlete X IRVB | Prospective Athlete Inter: X +

www.nighthawkvolleyball.com/player-form

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IRVB 2026 Athlete Interest Form

The 2026 Volleyball Season Begins August 3, 2026

RETURNING ATHLETES: Please fill out this form to confirm your interest in trying out for the 2026 Volleyball season. We have started the planning the off-season and will be finalizing registration/rosters for the Team Camps at the end of the school-year. If you have any questions regarding the volleyball season or the off-season, please see Coach Lang in Room A307.

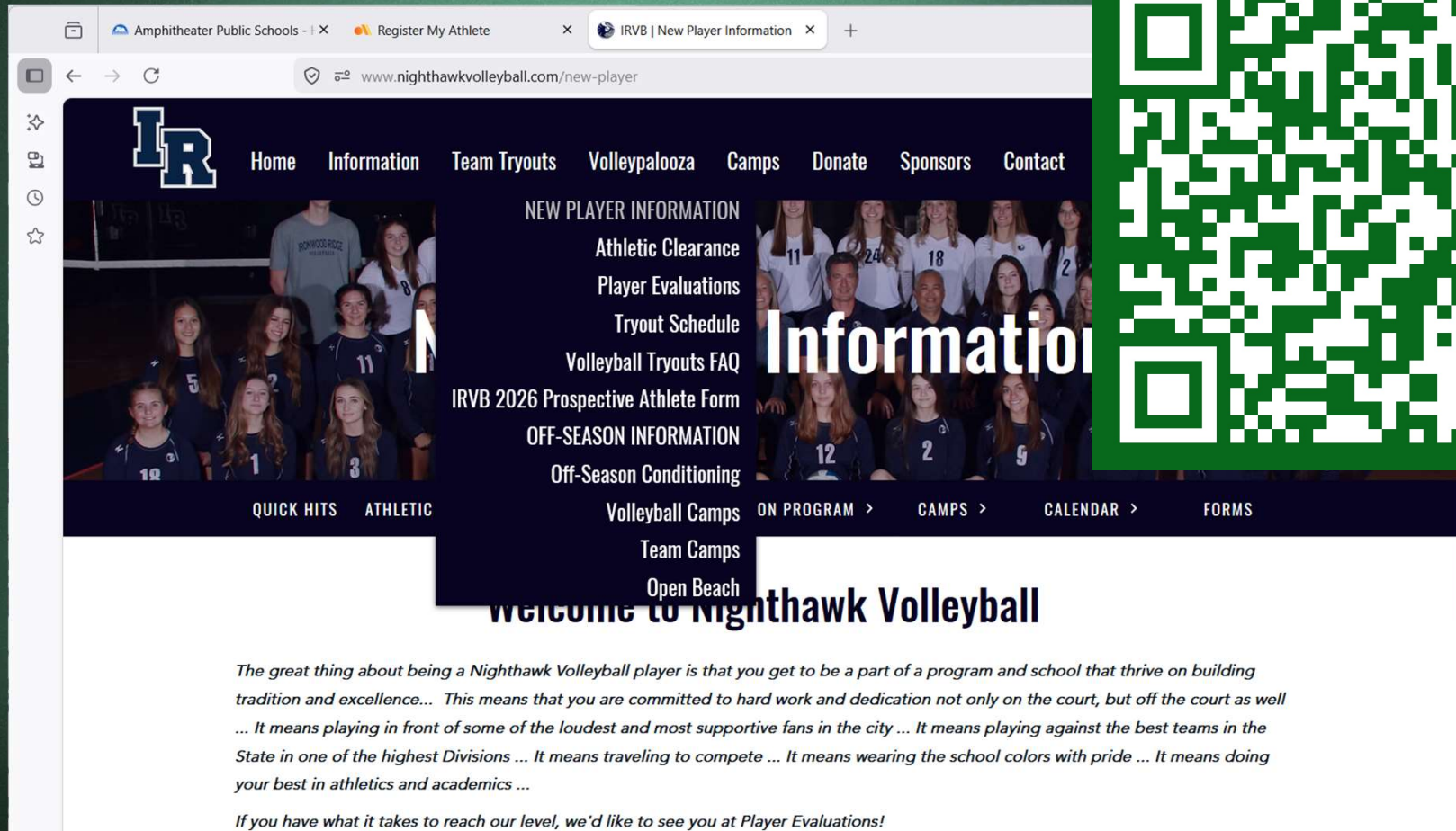
NEW PROSPECTIVE ATHLETES: The coaching staff will not be able to personally contact prospective athletes until they have finished eighth grade and/or are registered at Ironwood Ridge High School. This is an AIA recruiting provision. In the meantime, please fill out this form and we will include you in all email correspondence. If you have indicated an interest in the Team Camps, invitations will be sent in late-May or early June.

ATHLETIC CLEARANCE: All prospective student-athletes must have a current clearance packet (including a current physical and health history form) on file with the Athletic Department BEFORE they are allowed to participate in any off-season activities. Physicals for the 2026 season must be dated on or after March 1, 2026.

IRVB 2026 OFF-SEASON: As we near the end of the school year, the Volleyball Off-Season Program begins! If you haven't reviewed the IRVB Calendar for Off-Season activities and dates, please do so now to plan out the summer training.



nighthawkvolleyball.com/new-player



The image shows a browser window displaying the website www.nighthawkvolleyball.com/new-player. The browser tabs include "Amphitheater Public Schools - | X", "Register My Athlete", and "IRVB | New Player Information X". The website features a dark blue header with the "IR" logo and navigation links: Home, Information, Team Tryouts, Volleypalooza, Camps, Donate, Sponsors, and Contact. A central menu lists "NEW PLAYER INFORMATION" (Athletic Clearance, Player Evaluations, Tryout Schedule, Volleyball Tryouts FAQ, IRVB 2026 Prospective Athlete Form) and "OFF-SEASON INFORMATION" (Off-Season Conditioning). Below this, there are links for "QUICK HITS", "ATHLETIC", "Volleyball Camps", "ON PROGRAM >", "CAMPS >", "CALENDAR >", and "FORMS". A large "Information" text overlay is present. A large green QR code is overlaid on the right side of the page. At the bottom, a white box contains the text: "welcome to Nighthawk Volleyball", "The great thing about being a Nighthawk Volleyball player is that you get to be a part of a program and school that thrive on building tradition and excellence... This means that you are committed to hard work and dedication not only on the court, but off the court as well ... It means playing in front of some of the loudest and most supportive fans in the city ... It means playing against the best teams in the State in one of the highest Divisions ... It means traveling to compete ... It means wearing the school colors with pride ... It means doing your best in athletics and academics ...", and "If you have what it takes to reach our level, we'd like to see you at Player Evaluations!".

welcome to Nighthawk Volleyball

The great thing about being a Nighthawk Volleyball player is that you get to be a part of a program and school that thrive on building tradition and excellence... This means that you are committed to hard work and dedication not only on the court, but off the court as well ... It means playing in front of some of the loudest and most supportive fans in the city ... It means playing against the best teams in the State in one of the highest Divisions ... It means traveling to compete ... It means wearing the school colors with pride ... It means doing your best in athletics and academics ...

If you have what it takes to reach our level, we'd like to see you at Player Evaluations!

nighthawkvolleyball.com/offseason

Amphitheater Public Schools - 1 x Register My Athlete x IRVB | Off-Season Program x

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IRVB OFF-SEASON PROGRAM

Widget Didn't Load
Click here to refresh and refresh

QUICK HITS > ATHLETIC CLEARANCE > TRYOUTS > CONDITIONING > TEAM CAMPS > CAMPS > CALENDAR > FORMS

The 2026 Season Begins on August 10, 2026 The Off-Season Begins TODAY

Preparation is the key to maintaining a top-notch volleyball program. For 25 years, Ironwood Ridge has built a strong tradition of developing excellent volleyball players and teams. Expectations are high here and you must make a choice to share these expectations or make the commitment to meet them regardless. The emphasis for our off-season training is to focus on allowing all athletes to be mentally prepared for the season, as well as getting everyone in shape to compete at a high level while avoiding injury, to improve team chemistry with the new class added to the varsity level, and to give our rising senior class a chance to lead the way in the weight room and gym during the summer.

The Off-Season Program offers Nighthawk Volleyball Training Camps, Team Camps, and a Strength/Conditioning program for prospective

nighthawkvolleyball.com/archive-offseason

05/22/2025 - [IRVB 2025 OFF-SEASON | Informational Meeting May 27](#)

05/21/2025 - [IRVB 2025 OFF-SEASON | Fall Season Start Dates](#)

05/15/2025 - [IRVB 2025 OFF-SEASON | Volleyball Camp Information](#)

05/15/2025 - [IRVB 2025 OFF-SEASON | Off-Season Information](#)

05/05/2025 - [IRVB 2024 | May Newsletter](#)

04/09/2025 - [IRVB 2024 | April Newsletter](#)

04/09/2025 - [IRVB 2025 OFF-SEASON | Volleypalooza THANK YOU!](#)

04/03/2025 - [IRVB 2025 OFF-SEASON | Volleypalooza Concessions and Hospitality Donations](#)

04/01/2025 - [IRVB 2025 OFF-SEASON | Volleypalooza Player Instructions](#)

04/01/2025 - [IRVB 2025 OFF-SEASON | Volleypalooza Volunteer Information](#)

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Today < > July 2026 Month

SUN 28	MON 29	TUE 30	WED Jul 1	THU 2	FRI 3	SAT 4
Gyms Closed for Summer Maintenance						
		Club Conflict (USAV Nationals)				
5	IRVB Camps (Defensive Skills) IRVB Camps (Positional Skills: Intermediate Setter/Attacker) • 6:30am Off-Season • 6:30am Off-Season • 6:30am Off-Season • 6:30am Off-Season				10	11
12	IRVB CAMPS (Youth Clinic) • 6:30am Off-Season NAU Volleyball Team Camp • 6:30am Off-Season • 6:30am Off-Season • 6:30am Off-Season				UA Volleyball Team Camp	
19	IRVB Camps (Positional Skills: Advanced Setter/Attacker) IRVB Camps (Positional Skills: Libero/Passer) IRVB Volleyball Competition Camp • 6:30am Off-Season • 6:30am Off-Season • 6:30am Off-Season • 6:30am Off-Season				Victory Sports Foundation Tournament	
26	IRVB Dead Week (No Volleyball Activities Scheduled Prior to Tryouts)				31	Aug 1

Events shown in time zone: (GMT-07:00) Pacific Time - Los Angeles
Add to Google Calendar

Google Calendar

